

HIGHLANDS

Happenings

CONTACT INFORMATION

Main Office

Mon - Fri 10 am - 5 pm

Phone: (262) 239-7883

W197 N4950 Hickory St.

Menomonee Falls, WI 53051

DIRECTOR

Hilary Schuppener

aeropark@ardenpropertygroup.com

LEASING

Mon - Fri 10 am - 5 pm

Phone: (262) 239-7883

LEASING SPECIALIST

Nikki Schaefer

apleasing@ardenpropertygroup.com

MAINTENANCE

Mon - Fri 9 am - 3 pm

Phone: (262) 239-7883

Evenings & Weekends (The AnSer)

Emergencies ONLY (800) 263-6148

MAINTENANCE TEAM

Chris Braith

HOUSEKEEPING TEAM

Nivea Shepherd

OUR NEW NEIGHBORS

We're excited to welcome our newest residents to our community this September!

UPCOMING SPOTLIGHT EVENTS



Singer, Andy Braun

THURSDAY, SEPT. 10TH, AT 2 PM

COMMUNITY ROOM

Join us for folk-rock style music. Come relax and experience an entertaining performance. Come for a good time!

\$5 per person. RSVP by Sept. 8th.



Speaker, Dianne Nevis

WEDNESDAY, SEPT. 16TH, AT 3 PM

COMMUNITY ROOM

Presentation by author & speaker. Through her journey of faith & loss, she shares a message of healing and inspiration.

This event is free. RSVP by Sept. 14th.



Singer, Dave Adler

TUESDAY, SEPT. 22ND, AT 3 PM

COMMUNITY ROOM

Enjoy an afternoon of great music & familiar tunes. Bring your friends, sing along, and make it a fun time with your neighbors!

\$5 per person. RSVP by Sept. 21st.



Watercolor Painting Class

THURSDAY, SEPT. 24TH, AT 1 PM

AVIATION LOUNGE

Explore your creativity in this class! Learn techniques from an instructor in a relaxed setting. Space is limited to 8!

\$15 per person. RSVP by Sept. 14th.



Oktoberfest Party

FRIDAY, SEPT. 25TH, AT 2 PM

CLUB ROOM

Enjoy food, drink & music - test your strength in the Stein Holding Contest. Wear your favorite Oktoberfest attire.

\$7 per person. RSVP by Sept. 21st.



HIGHLANDS

AT AERO PARK LLC

Apartments & Townhomes 55+



RESIDENT REMINDERS

Pool Reminder

Each household may bring a maximum of **two guests** to the pool. Residents must remain with their guests at all times while using the pool.

Healing on the 25th Anniversary of 9/11

Sept. 11, 2026, is the 25th anniversary of 9/11. In honor of the thousands of lives lost and changed forever, we pause to remember the many stories of hope, fortitude and survival commemorated by the 9/11 Memorial and Museum, which can be found at 911memorial.org.

Stories of Alzheimer's Disease

In observance of World Alzheimer's Day on Sept. 21, consider reviewing these books and movies to gain perspective and insight into the lives of those impacted by the disease.

"Still Alice." Author Lisa Genova's 2007 bestseller was made into a critically acclaimed movie in 2014 about a professor with early-onset Alzheimer's disease.

"We Are Not Ourselves." The New Yorker magazine called this novel by Matthew Thomas "the greatest Alzheimer's novel yet." Published in 2014, it paints an intimate portrait of the Leary family's struggles as their beloved patriarch develops Alzheimer's.

Check Your Cholesterol

September is National Cholesterol Education Month. Adults over the age of 20 should have their levels tested every four to six years. Assess your knowledge on this subject:

1. What year was the first statin, a cholesterol-lowering medicine, approved in the U.S.?
2. True or False: Eating healthy, fiber-rich foods can lower cholesterol.
3. High cholesterol is connected to what leading cause of death? (Answers: 1. 1987; 2. True; 3. Heart disease)

Happy Fall Y'all

ONSITE & LOCAL SERVICES

Aero Park Wellness Spa

4TH FLOOR | WEST ENTRANCE

The Aero Park Wellness Spa offers a variety of services from different professionals. Below is a list of services and contact information:

Leick Physical Therapy: Melissa Leick, Ph.D. in PT

(262) 309-4870 Services & Pricing:

Trigger Point Dry Needling and Class IV Laser Therapy, \$100/hour

Rebalance Massage Therapy: Nicole Krell, LMT

(262) 295-7626 Services & Pricing: Massage therapy \$85-\$130

Reiki: Chris Kramer, Reiki Master, Energy Healer & Board Certified Functional Wellness Coach

Services: \$40 to \$125

ckramercoaching@gmail.com or (414) 719-6634

Spectrum Cable

CUSTOMER SERVICE (855) 895-5302

WE Energies

CUSTOMER SERVICE (800) 242-9137

Senior Shuttle-Johnson Bus

CUSTOMER SERVICE (262) 251-4230

Menomonee Falls City Hall

MAIN PHONE (262) 532-4200

Pool Hours

Open: 5 am - 12 pm & Open: 1 pm - 10 pm

Closed: 12 pm - 1 pm For Daily Maintenance

The pool temperature is regulated at 80 to 84 degrees.



WHAT'S COOKING

Caramel Crumble Bars

Ingredients:

- 1 box yellow cake mix
- 1/2 cup plus 2 tablespoons butter, softened
- 3/4 cup apple butter, plus 3 tablespoons
- 1 egg
- 1 package (11 ounces) soft caramels, unwrapped
- 2/3 cup walnuts, chopped
- 2/3 cup sweetened coconut flakes
- 2 tablespoons butter, melted

Directions:

Heat oven to 350° F. Grease 13-by-9-inch baking pan. With electric mixer on low, beat cake mix and 1/2 cup softened butter until mixture is crumbly. Spoon 1 cup of the mixture into medium bowl; set aside. Add 3/4 cup apple butter and egg to remaining mixture. Beat on medium until smooth and creamy. Spread evenly into pan. Bake 20 minutes. Place caramels, 2 tablespoons softened butter and remaining 3 tablespoons apple butter in microwave-safe bowl. Microwave in 30-second intervals, stirring every time, until smooth and melted. Pour evenly over baked crust.

Combine walnuts, coconut and 2 tablespoons melted butter with reserved cake mix. Mix until crumbly. Sprinkle over caramel in pan. Bake 16 to 18 minutes, until topping starts to brown. Let cool; cut into bars.

Find more recipes at Musselmans.com.



Ice Cream Additions

Long summer days provide plenty of chances to enjoy the season's classic refreshing treat, ice cream. When it comes to adding a final flourish to a dish or cone, about half of Americans favor hot fudge, according to poll results. Nuts, whipped cream, chocolate syrup, caramel sauce and fruit also ranked high. Give one a try!

SEPTEMBER IN WI: A SEASON OF CHANGE AND CELEBRATION

September brings many of Wisconsin's favorite traditions as summer transitions into fall. Cooler temperatures, colorful foliage, apple harvests, and community festivals make this a special time of year. Orchards welcome visitors, pumpkin patches prepare for the season, and early fall colors begin appearing across the state.

Local communities celebrate with farmers markets, craft fairs, Oktoberfest events, and harvest festivals. Whether you enjoy visiting an apple orchard, taking a scenic drive, or sipping warm apple cider, September offers countless ways to enjoy the season.

The month also includes several important observances. Labor Day honors the contributions of American workers and marks the unofficial end of summer. Beginning September 15, Hispanic Heritage Month celebrates the histories, cultures, and contributions of Hispanic and Latino Americans through October 15.

Patriot Day on September 11 honors those who lost their lives and the heroes who responded during the events of September 11, 2001. Constitution Day and Citizenship Day on September 17 commemorate the signing of the

U.S. Constitution and recognize the rights and responsibilities of citizenship.

September is also National Suicide Prevention Month, reminding us to prioritize mental and emotional well-being, support one another, and encourage open conversations about mental health.

As autumn officially begins, September invites us to slow down and enjoy the season's simple pleasures. From local festivals and community gatherings to Wisconsin's natural beauty, it is a wonderful time to connect, reflect, and celebrate. Wishing everyone a happy, healthy, and colorful September!



PAST ACTIVITIES & RECREATIONAL EVENTS



JUST FOR FUN

September by the Numbers

3. Minimum servings of whole grains recommended daily. September is Whole Grains Month.
70 million. Approximate number of grandparents in the U.S. Celebrate Grandparents Day on the first Sunday after Labor Day.
39. Number of Founding Fathers who signed the U.S. Constitution on Sept. 17, 1787.

Brainteaser

Q. Where do you find roads without vehicles, forests without trees, and cities without houses?
A. On a map.

CONGRATULATIONS

Who Won \$100?

Our lease renewal drawing winner is Nancy B.!

